

May Highland Lunch Menu

Milk Served with all Meals. Choice of Plain Skim, Chocolate Skim, or Strawberry Skim. Students are not required to take milk as long as they have enough other components on their trays. For students who don't wish to drink milk, water glasses are available.

Available Daily: Menu Coordinating Condiments. Elementary –Crunchy Carrots offered as an 2nd vegetable choice. **Middle & High School Veggie & Fruit Bar. Alternate Entrée's: Middle School** - PBJ Jamwich Combo. **High School** –Alternate Hot Entrée or PBJ Jamwich Combo

Nutritional Information is available upon request. Please contact Rachel Cerny, Nutrition Director, at rcerny@highland.k12.ia.us

ALL MENUS SUBJECT TO CHANGE WITHOUT NOTICE

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

Updated 4/26/19

<p>6 Chicken Taco 2 MMA WG Wrap 1 G Sour Cream (HS Only) WG Tortilla Chips 1 G Salsa ½ ROV Lettuce ½ OV E: Crunchy Carrots ½ ROV Corn Salsa 1 OV (MS & HS Only) Shredded Cheddar ½ MMA Pineapple 1 F</p>	<p>7 Sausage, Egg, & Cheese Biscuit Egg Patty 1 MMA Sausage Patty 1 MMA American Cheese ½ MMA WG Biscuit 2 G Potato Wedges 1 SV Apple Slices 1 F</p>	<p>8 BBQ Rib Patty 2 MMA WG Bun E 1.5 G, M & H 2 G Steamed Broccoli 1 DGV Sunshine Salad 1 F Cottage Cheese (MS & HS) 1 MMA Pickle & Onion Slices OV</p>	<p>9 Huskie Hamburger 2 MMA WG Bun E 1.5 G, M & H 2 G Sliced Cheese ½ MMA (MS & HS Only) Baked Beans 1 BPL Pears 1 F Pickle & Onion Slices OV</p>	<p>10 Breaded Chicken Patty 2 M 1 G WG Bun E 1.5 G, M & H 2 G Green Beans 1 OV Diced Peaches 1 F Sidekick Slushie 1 F</p>
<p>13 Beef Taco 2 MMA WG Tortilla Wrap 1 ½ G Shredded Cheddar ½ MMA Bean Dip 1 BPL WG Tortilla Chips 1 G Shredded Lettuce ½ OV Pineapple 1 F</p>	<p>14 Breaded Pork Tenderloin 2 MMA ¾ G WG Bun E 1.5 G, M & H 2 G Steamed Broccoli 1 DGV Diced Peaches 1 F Pickle & Onion Slices</p>	<p>15 Sloppy Joe 2 MMA WG Bun E 1.5 G, M & H 2 G Pickles OV Onion OV (MS & HS) Sweet Potato Fries 1 ROV Mandarin Oranges F</p>	<p>16 Chicken Nuggets Dinner Roll 1 G Mashed Potatoes 1 SV Sweet Corn 1 SV Cheese Sauce (MS & HS) HS: Graham Cracker ½ G Mixed Fruit 1 F</p>	<p>17 Deli Turkey Sub 2 MMA WG Hot Dog Bun 2 G Crunchy Vegetable Mix OV Applesauce Cups 1 F Doritos 1 G Cottage Cheese (MS & HS) 1 MMA</p>



Did you know The National School Lunch Program offers a Summer Food Service Program? Free meals to ALL children 18 and under, regardless of if/where a child is enrolled (Adults can eat for a small fee). No enrollment or paperwork necessary. Just show up at a Summer Food Service Program Site for a free meal.

To find a Summer Food Service Site near you – **Call:** 1-866-348-6479 or **Visit:** www.fns.usda.gov/summerfoodrocks or

Text: "Summer Meals" to 97779